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A disk unit has a function of loading a head on a disk from a holding mechanism during a load operation and unloading the head from the disk during an unload operation. The disk unit includes a controller which controls a movement of the head so that the loading operation and the unloading operation are carried out in a specific region on the disk, and the specific region extends for an angular range smaller than  $360^{\circ}$ . Alternatively, the controller controls the movement of the head so that the loading operation and the unloading operation are carried out uniformly in a circumferential direction of the disk within a specific region on the disk.